

**EVENTS AT A GLANCE**
[www.parentnetworkwny.org](http://www.parentnetworkwny.org)

Are you looking for updated events, educational and translated materials as well as interpretation services within the eight counties of WNY? We are your Western New York Hub for support.

**Support Educate  
Connect Empower**

Updated 1.30.2026

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|----------------|--------------------|
| W – Workshop   | SP – Spanish Event |
| G – Group      | FE – Family Event  |
| C - Conference | O – Online         |

| Date & Time                                  |  | Title and Description  | Location  |
|--|--|--|---|
| <b>Online Workshops &amp; Support Groups</b> |  |  |   |
| <b>G</b>                                     | Thursday<br><b>February 5</b><br>6:00PM              | <b>Disability Care: Men's Support Group</b> – This ongoing support group is designed specifically for men who are caregivers to individuals with disabilities, whether they are fathers, brothers, spouses, partners, or friends. Each session focuses on relevant topics such as stress management, navigating systems, advocating for loved ones, and maintaining personal well-being.                     | Online Support Group<br>Support Group – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>G</b>                                     | Monday<br><b>February 9</b><br>6:30PM                | <b>The Link WNY's Family &amp; Caregiver Group</b> – Are you a parent of a child with disabilities or do you suspect they have a disability? Do you want to feel less overwhelmed, feel a sense of belonging? Get the support you need from Parent Network of WNY, Empower & other group members! Discuss topics such as Special Education, Sensory Processing Disorders, Autism Spectrum Disorders, & more! | Online Support Group<br>Support Group – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>O</b>                                     | Tuesday<br><b>February 10</b><br>6:30PM – 8:00PM     | <b>Building Bridges to Resolution: Strategies for Effective Mediation and MDRs</b> – This workshop provides families with the knowledge and skills necessary to navigate disagreements effectively, build stronger relationships, and arrive at mutually beneficial solutions for the success of all students.   | Online Workshop<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>W</b>                                     | Tuesday<br><b>February 17</b><br>10:00AM – 11:00AM   | <b>Kindergarten Readiness Series with APOT</b> – This is a group for kids ages 3-6 led by a pediatric occupational therapist (OT) focusing on skills necessary to get everybody Kindergarten ready. This series will cover pre-academic, social emotional, and daily living/life skills development to help support caregivers & kids of all needs.  | In-Person Workshop Series<br>Parent Network of WNY<br>1021 Broadway Street<br>Buffalo, NY, 14212<br><br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a> |
| <b>O</b>                                     | Tuesday<br><b>February 17</b><br>2:00PM – 4:00PM     | <b>Agency 101</b> – Join this Agency 101 training to increase your knowledge of available post-secondary resources so you can advocate for your child with confidence.   | Online Workshop<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>G</b>                                     | Tuesday<br><b>February 17</b><br>6:30PM              | <b>ADHD/Learning Differences Support Group</b> – Are you a parent of a child with ADHD or do you suspect they have a learning difference? We will be sharing experiences, discussing strategies, and providing support.  | Online Support Group<br>Support Group – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>W</b>                                     | Wednesday<br><b>February 18</b><br>10:00AM – 11:00AM | <b>Kindergarten Readiness Series with APOT</b> – This is a group for kids ages 3-6 led by a pediatric occupational therapist (OT) focusing on skills necessary to get everybody Kindergarten ready. This series will cover pre-academic, social emotional, and daily living/life skills development to help support caregivers & kids of all needs.  | In-Person Workshop Series<br>Parent Network of WNY<br>1021 Broadway Street<br>Buffalo, NY, 14212<br><br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a> |

 All workshops are **FREE to attend** (unless otherwise stated)

 Childcare and transportation are not provided. **Childcare & transportation stipend available.**

Check your local TV broadcaster for cancellations.

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| <b>O</b> | Wednesday<br><b>February 18</b><br>10:00AM – 12:00PM | <b>Family Guide to Transition Planning: Preparing Students with Disabilities for Life After High School</b> – Parents and families will learn about post-secondary options such as employment, education and independent living so that they can actively participate in the transition planning process for their child's journey to adulthood.   | Online Workshop<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>W</b> | Thursday<br><b>February 19</b><br>10:00AM – 11:00AM  | <b>Kindergarten Readiness Series with APOT</b> – This is a group for kids ages 3-6 led by a pediatric occupational therapist (OT) focusing on skills necessary to get everybody Kindergarten ready. This series will cover pre-academic, social emotional, and daily living/life skills development to help support caregivers & kids of all needs.  | In-Person Workshop Series<br>Parent Network of WNY<br>1021 Broadway Street<br>Buffalo, NY, 14212<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>                   |
| <b>O</b> | Thursday<br><b>February 19</b><br>4:00PM – 5:30PM    | <b>Transition from Preschool Special Education to Kindergarten</b> – Participants will better understand the transition process, build confidence as an active member of the transition team, understand the difference between services in CPSE and CSE, and understand the purpose of an IEP.  | Online Workshop<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>W</b> | Friday<br><b>February 20</b><br>10:00AM – 11:00AM    | <b>Kindergarten Readiness Series with APOT</b> – This is a group for kids ages 3-6 led by a pediatric occupational therapist (OT) focusing on skills necessary to get everybody Kindergarten ready. This series will cover pre-academic, social emotional, and daily living/life skills development to help support caregivers & kids of all needs.  | In-Person Workshop Series<br>Parent Network of WNY<br>1021 Broadway Street<br>Buffalo, NY, 14212<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>                   |
| <b>O</b> | Monday<br><b>February 23</b><br>5:00PM – 7:00PM      | <b>CPSE To CSE For Parents</b> – Participants will understand the transition process, be able to become an active member of the transition team, and understand the difference between services in CPSE and CSE and the purpose of an IEP.   | Online Workshop<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>  |
| <b>O</b> | Wednesday<br><b>February 25</b><br>6:00PM – 7:30PM   | <b>Positive Solutions for Families: The Pyramid Model Parent Training</b> – Meet other caregivers and parents during this 6-week virtual series and learn new ways to be a positive parent/caregiver. Families will learn how to promote positive social emotional environments while also promoting positive behavior. Participants will be able to identify the importance of building positive relationships with children and link building relationships, using positive comments/encouragement, and play to children's behavior. | Online Workshop Series<br>Workshop – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a>   |
| <b>G</b> | Wednesday<br><b>January 28</b><br>6:00PM             | <b>Rural Disability Family &amp; Caregivers Support Group</b> – Our goals are to support families and caregivers of loved ones with disabilities in rural communities, provide a space for connection and mutual support, and share tools, knowledge, and resources tailored to rural caregiving. Whether you're a parent, sibling, spouse, or extended family member providing care for an individual with a disability, you're welcome here.   | In-Person Support Group<br>WNY Rural Area Health Education Center (R-AHEC)<br>20 Duncan St, Warsaw, NY, 14569<br>Support Group – Sign up for free<br><a href="http://www.parentnetworkwny.org/events">www.parentnetworkwny.org/events</a> |

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